

## 3-4-50: Chronic Disease Deaths in San Diego County—Central Region, 2000-2017



### What is 3-4-50?

Three-four-fifty refers to three behaviors that contribute to four chronic diseases and result in 50% or more deaths worldwide. These chronic diseases are potentially preventable through modifying diet, physical activity, and smoking behaviors. In San Diego County 51% of all deaths are due to these four chronic diseases.

### 3-4-50 in San Diego County—Central Region

- From 2000 to 2017, the overall percent of all deaths due to chronic disease decreased in the Central Region and its Subregional Areas (SRAs) even though the number of all cause deaths have slightly decreased (Figure 1).
- Overall, chronic disease death rates have decreased in the Central Region and its SRAs from 2000 to 2017 with the exception of the Southeastern San Diego SRA which increased by 5.4% (Figure 2).
- Among the Central Region SRAs, Southeastern San Diego had the highest percentage of deaths due to chronic disease in 2017.
- Among the Central Region SRAs, Southeastern San Diego had the highest chronic disease death rate in 2017.
- Despite a decrease, chronic diseases still account for more than 50% of all deaths in the Central Region.

Figure 1: 3-4-50 Death Percentages

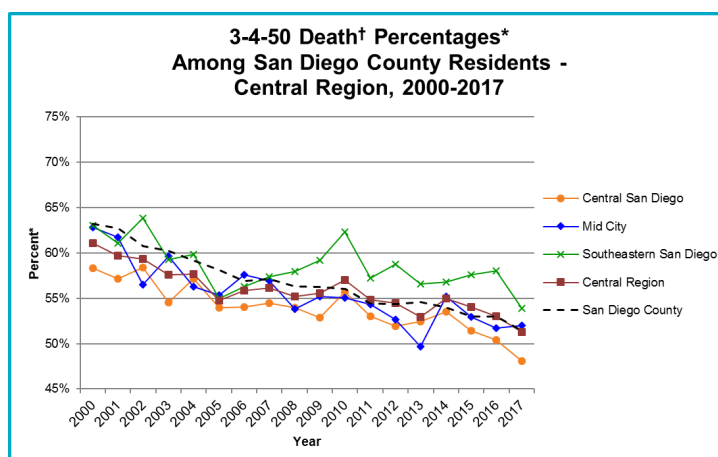
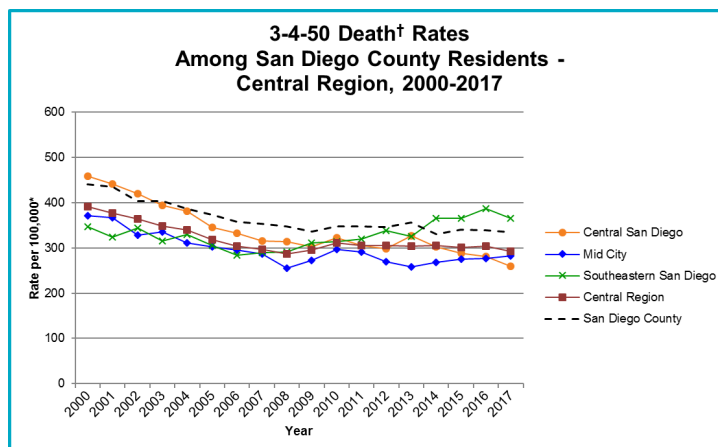


Figure 2: 3-4-50 Death Rates



†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.  
 \*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.



### QR CODES:

QR codes are similar to barcodes. Use your smartphone to scan the QR Code and navigate directly to the report online for download. Download a free QR code reader from your app provider.

For more information and data, go to  
[www.SDHealthStatistics.com](http://www.SDHealthStatistics.com)

# What does 3-4-50 look like in Central Region?

**In Central Region,  
3-4-50 is actually 3-4-51**

**In San Diego County,  
3-4-50 is actually 3-4-51**

## 3 BEHAVIORS

### TOBACCO USE\*

- In 2017, nearly 1 out of every 7 Central Region adults were current smokers.

### LACK OF PHYSICAL ACTIVITY\*

- In 2017, 37.8% of Central Region children engaged in physical activity for at least 1 hour daily.

### POOR NUTRITION~

- In 2017, 1 out of 4 Central Region residents had difficulty finding affordable fresh fruits/vegetables often in their neighborhood.

### TOBACCO USE

- In 2017, 1 out of every 10 San Diego County adults were current smokers.

### LACK OF PHYSICAL ACTIVITY

- In 2017, 33.7% of San Diego County children engaged in physical activity for at least 1 hour daily.

### POOR NUTRITION~

- In 2017, 1 out of 6 San Diego County residents had difficulty finding affordable fresh fruits/vegetables often in their neighborhood.

## 4 CHRONIC DISEASES

### CANCER

- In 2017, heart disease was the leading cause of death in Central Region.

### HEART DISEASE & STROKE\*

- In 2017, 4.5% of Central Region adults had ever been diagnosed with heart disease.

### DIABETES\*

- In 2017, 1 out of 12 Central Region adults had ever been diagnosed with diabetes.

### LUNG DISEASE\*

- In 2017, 1 out of every 7 Central Region residents had ever been diagnosed with asthma.

### CANCER

- In 2017, cancer was the leading cause of death in San Diego County.

### HEART DISEASE & STROKE

- In 2017, 5.5% of San Diego County adults had ever been diagnosed with heart disease.

### DIABETES

- In 2017, 1 out of 11 San Diego County adults had ever been diagnosed with diabetes.

### LUNG DISEASE

- In 2017, 1 out of every 7 San Diego County residents had ever been diagnosed with asthma.

## CAUSE OVER 50% OF DEATHS

**In 2017, cancer, heart disease and stroke, diabetes, and lung disease caused 51% of all deaths in the Central Region.**

**In 2017, cancer, heart disease and stroke, diabetes, and lung disease caused 51% of all deaths in San Diego County.**

\*Indicates a statistically unstable estimate. Proceed with caution. Estimate is included for trending purposes.

~Includes "sometimes" and "never" able to find affordable fresh fruits and vegetables often in neighborhood.